

Cigarette smoking is the main cause of illness and death in the United states. It kills more American every year than do alcohol, cocaine, heroine, homocides, airplane and automobile accidents, and AIDS combined. More than 120 000 a year die from lung cancer and about 180 000 from heart diseases.

Smoking is dangerous not only for the person who lights up. Secondhand smoke (other people's tobacco smoke) may kill as many as 50 000 Americans a year. Smoking by parents makes asthma in children more serious and increases their risk of colds, ear infections, and sudden infant death syndrome.

Nicotine is an extremely addictive drug, that is why so many people continue **smoking** despite the known risks. However, if you're a smoker, there are things you can do to help yourself stay away from cigarettes for good.

The best and only advice is to stop smoking. The benefits become evident right from the start. Within 20 minutes after your last puff, your blood pressure -which rises when you smoke-returns to normal. Within 8 to 48 hours , the excess carbon monoxide in your blood drops to normal . One year after that ,your risk of heart disease will be half that of a smoker's . Fifteen years after giving up cigarettes, your risk of heart disease will be the same as that of some one who has never smoked . You'll also reduce your risk of getting many types of cancer.

What to expect when you stop smoking :

The good news is that you decided to stop smoking .The bad news?you may experience at least one of these symptoms:headache,nausea,conctipation or diarrhea,fatigue,drowsiness, loss of concentration, and insomnia. You may also feel more irritable,anxious,or depressed than usual,or have a bigger appetite or an increase desire for sweets.

These reactions happen because your body is trying to adjust to the sudden absence of nicotine. But don't be alarmed, and don't rush off to buy a pack of cigarettes. Those symptoms are only temporary, and once they pass, you'll feel better than you've felt in years.

I. COMPREHENSION: (7p)

Base your answers on the text.

A. Answer these questions:

1. What are the most two dangerous illnesses caused by smoking in the USA?

.....

2. Why don't smokers stop smoking in spite of the fact that they know about the danger of cigarettes?

.....

B. Complete these sentences:

1. Every year lung cancer kills.....
2. People who have stopped smoking need fifteen years to.....

.....

C. Are these sentences true or false? Justify your answer.

1. People who stop smoking need a long period of time before they feel that they are getting better.

.....

2. People who have just stopped smoking should not worry if they have headaches or get tired.

.....

D. What do the underlined words in the text refer to?

1. Their (paragraph 2):

2. They (paragraph 6):

II. LANGUAGE: (8p)

A. Put these verbs in the correct form:

1. The car looks lovely. My fatherit. (**just/clean**)
2. If he hard today, he..... a holiday tomorrow. (**work-have**)
3. you..... a musical instrument when you were a kid? (**play**)
4. We out of the newsagent's when the accident happened. (**come**)

B. Rewrite these questions in an indirect way.

1. How many times has Mel been to Bodrum?

Could you tell me?

2. Who scored Fenerbaçe's first goal last night?

Do you know.....?

3. How long does it take to get there?

Do you know.....?

III. WRITING: (5p)

"It is better for children to grow up in the countryside than in a big city." Do you agree or disagree? Use specific reasons and examples to develop your essay.